

GSFC FLU SHOT CLINIC FOR CIVIL SERVANT and CONTRACTOR EMPLOYEES. FREE OF CHARGE!

THE SINGLE BEST WAY TO PREVENT SEASONAL FLU IS TO GET VACCINATED YEARLY

October

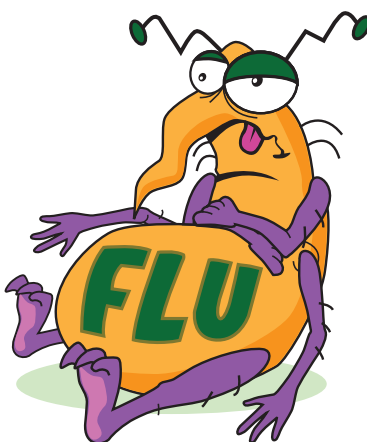
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	29	30	31			

WHEN:

**Mon. through Thur.
10:00 AM TO 12:00 PM**
All Days Marked
in **ORANGE**



WHERE:

All clinics will be held in
Building 97 Health Unit

For Questions Call **301 286-6666** or **www.flu.gov**

November

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

January

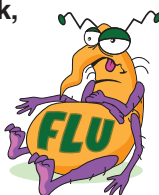
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

FLU CLINIC WILL BE OPEN TO BADGED CIVIL SERVANTS ONLY OCT. 20, 2014 — OCT. 30, 2014
EFFECTIVE NOV. 3, 2014 FLU CLINIC WILL BE OPEN TO BOTH CIVIL SERVANTS AND CONTRACTORS

This year's vaccine is designed to protect against the three kinds of influenza viruses that are most likely to be prevalent in humans this year, the H1N1 virus, the H3N2 virus and an influenza B virus. During the initial rush, your patience and understanding will be appreciated.

PREVENTION TIPS:

- Best way to prevent seasonal flu is to get vaccinated yearly
- Cover your mouth and nose with tissue when coughing and sneezing
- Avoid close contact with people who are sick, when you are sick keep your distance
- Avoid touching your eyes, nose or mouth
- Get adequate sleep, manage stress, drink plenty of fluids and eat properly
- Wash your hands often



PREPARING FOR FLU VACCINE:

- You will be required to read and sign a consent form
- Please wear short-sleeved shirt or one that can be easily rolled above the shoulder
- You will not be able to receive a flu shot if you had a prior adverse reaction to flu vaccine
- You will not be able to receive a flu shot if you are allergic to eggs or egg products, sensitive to any vaccine component, have an active neurological disorder, or have a fever, acute respiratory or other active infection or illnesses at the time of the clinic